

Step-by-Step Curriculum: Olympic Tai Chi, Taijijian, and Shotokan Jion Kata

Olympic Tai Chi & Taijijian (Tai Chi Sword)

- *Olympic Tai Chi* refers to standardized forms like the 42-form Tai Chi, often used in international competition. *Taijijian* is the sword form of Tai Chi.
- A typical curriculum for both includes:
 - Learning fundamental stances and movements (e.g., bow stance, empty stance, single whip, brush knee).
 - Practicing the sequence of the form step by step, focusing on posture, balance, and flow.
 - For Taijijian, learning basic sword grips, cuts, and thrusts, then integrating them into the full routine.
- Each movement is learned individually, then linked together into the complete form, emphasizing smooth transitions and breath control.

Shotokan Jion Kata: Step-by-Step

- Jion is an advanced Shotokan Karate kata, often required for brown or black belt testing.
- The curriculum typically breaks down as follows:
 - **Stance and Basics:** Master zenkutsu dachi (front stance), kokutsu dachi (back stance), and basic blocks/punches^{[1] [2]}.
 - **First Move:** Start with a strong, explosive block and counter, keeping body weight forward and arms close to the body^[3].
 - **Sequence:** Learn the kata in sections, focusing on correct stance, technique, and direction for each move. Practice each segment repeatedly before linking them together^{[2] [4]}.
 - **Kiai Points:** Identify and practice the moments in the kata where a strong kiai (spirit shout) is performed^[5].
 - **Refinement:** Work on transitions, timing, and rhythm. Pay attention to the embusen (performance line) and traditional execution^{[6] [4]}.

Recommended Learning Path

- Watch step-by-step tutorial videos for visual guidance^{[6] [1] [2] [5] [4]}.
- Practice each move slowly, then gradually increase speed and fluidity.
- Focus on posture, breathing, and mental focus throughout each form.

For detailed video tutorials and breakdowns, refer to resources like Global Karate Academy and Shotokan Karate Online, which provide full demonstrations and segmented instructions for Jion kata^[6] ^[2] ^[4].

If you want a move-by-move breakdown for any specific form (Tai Chi, Taijijian, or Jion), let me know which one and I can list each step in detail.



Tai Chi 42 Form: Step-by-Step Guide

The Tai Chi 42 Form is a standardized competition form that blends movements from Chen, Yang, Wu, and Sun styles. Here are the main steps, with the first few explained in detail to help you get started:

1. Opening Form (起势, Qi Shi)

- Stand with feet together, arms at sides, body relaxed.
- Shift your weight to your right leg, open your left foot to shoulder width.
- Slowly raise both arms to shoulder height, palms down, then sink elbows and relax wrists as you lower hands to waist level^[7].

2. Right Grasp the Peacock's Tail (右揽雀尾, You Lan Que Wei)

- Turn your right foot 45° to the right, raise your right hand to shoulder height.
- Bring your left hand in, forming a "holding the ball" posture on your right side.
- Step forward with your left foot, shifting weight and turning your torso to the front.
- Perform "ward off," "roll back," "press," and "push" sequences with coordinated arm and body movements^[7].

3. Left Single Whip (左单鞭, Zuo Dan Bian)

- Transition from the previous posture, form a hook with your right hand.
- Step out to the left, open your hips and knee, and extend your left arm to the side at shoulder height.
- Both legs should not be in a straight line; left leg steps slightly back for stability^[7].

4. Raise Hands

5. White Crane Spreads Its Wings

6. Brush Knee and Twist Step (both sides)

7. Parry and Punch

8. Deflect and Press (both sides)

9. Parry and Push

10. Apparent Close

11. Open and Close Hands

12. Right Single Whip

13. Punch Under Elbow

14. Turn Body and Push Palm (both sides)
15. Fair Lady Works the Shuttles (both sides)
16. Kick with Heel (both sides)
17. Cover Hands and Punch
18. Part the Wild Horse's Mane (both sides)
19. Wave Hands Like Clouds
20. Step Back and Beat the Tiger
21. Separate Legs (right)
22. Strike Opponent's Ears with Both Fists
23. Separate Legs (left)
24. Turn Body and Slap Foot
25. Step Forward and Punch Downward
26. Oblique Flying
27. Snake Creeps to the Right
28. Golden Rooster Stands on One Leg (right and left)
29. Step Back and Thrust Palm
30. Press Palm in Empty Stance
31. Hold Palm Up and Stand on One Leg
32. Lean with Body in Horse Stance
33. Turn Body for Large Roll Back
34. Grab and Punch in Resting Step
35. Thread Palm and Push Down
36. Step Forward to Seven-Star Posture
37. Mount the Tiger and Stand on One Leg
38. Turn Body with Lotus Kick
39. Bend the Bow to Shoot the Tiger
40. Grasp the Peacock's Tail (left)
41. Cross Hands
42. Closing Form^[8]

For each movement, focus on:

- Posture and alignment
- Smooth, continuous transitions
- Coordinated breathing and relaxation

Tip: To master the form, learn each step individually, then connect them gradually. Video tutorials (such as those by Master David Bao) offer detailed, visual breakdowns for every movement^[7] ^[9] ^[10].

If you want a detailed explanation of any specific step or section, let me know!



1. <https://blackbeltwiki.com/jion>

2. <https://www.shotokankarateonline.com/blog/jion-kata-tutorial/>

3. <https://www.shotokankarateonline.com/blog/jion-kata-1st-move-indivual-moves-tutorials-shotokan-kata/>
4. <https://www.youtube.com/watch?v=6DetHUWh0r4>
5. https://www.youtube.com/watch?v=sfTECym_yqo
6. <https://www.youtube.com/watch?v=iRMx-QVqvNA>
7. <https://www.youtube.com/watch?v=J66bFmpvpR4>
8. <https://www.youtube.com/watch?v=XSSxt9A4QGI>
9. https://www.youtube.com/watch?v=rv6EJJ_OQSk
10. <https://www.youtube.com/playlist?list=PL1wATy0FgnNh0D7QCD6oKoVSBcLTOSsVv>